



# Creamy Mushroom & Truffle Fettuccine

with Rocket, Pear & Parmesan Salad

Grab your Meal Kit  
with this symbol



Garlic



Baby Spinach  
Leaves



Pear



Fettuccine



Sliced Mushrooms



Light Cooking  
Cream



Vegetable Stock  
Pot



Grated Parmesan  
Cheese



Rocket Leaves



Parsley



Truffle Oil



Hands-on: **20-30 mins**  
Ready in: **25-35 mins**



Eat me early

This fettuccine dish pairs the earthy flavour of mushroom and truffle with an easy creamy sauce. The side salad balances the richness of the pasta with peppery rocket, sweet pear and sharp Parmesan.

## Pantry items

Olive Oil, Butter, Balsamic Vinegar,  
Honey



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
pear	1	2
fettuccine	1 packet	2 packets
butter*	20g	40g
sliced mushrooms	1 packet (150g)	1 packet (300g)
light cooking cream	1 packet (150ml)	2 packets (300ml)
vegetable stock pot	1 packet (20g)	1 packet (40g)
grated Parmesan cheese	1 packet	2 packets
balsamic vinegar*	1 ½ tsp	3 tsp
honey*	½ tsp	1 tsp
rocket leaves	1 bag (30g)	1 bag (60g)
parsley	1 bag	1 bag
truffle oil	drizzle	drizzle

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3669kJ (876Cal)	932kJ (222Cal)
Protein (g)	22.3g	5.7g
Fat, total (g)	47.9g	12.2g
- saturated (g)	21.9g	5.6g
Carbohydrate (g)	89.3g	22.7g
- sugars (g)	15.7g	4g
Sodium (mg)	908mg	231mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Thinly slice the **pear**.



## Cook the pasta

Add the **fettuccine** to the boiling water and cook until 'al dente', **10 minutes**. Drain, reserving some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then return the **pasta** to the saucepan. Drizzle with **olive oil** to prevent sticking.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Cook the mushrooms

While the pasta is cooking, heat the **butter** and a drizzle of **olive oil** in a large frying pan over a high heat. Add the **sliced mushrooms** and cook, stirring occasionally, until well browned, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.

**TIP:** Letting the mushrooms get browned helps bring out their flavour.



## Make the sauce

Reduce the heat to medium and add the **light cooking cream** to the frying pan. Add the **vegetable stock pot** and stir to combine. Simmer until thickened, **1-2 minutes**. Add the chopped **spinach**, drained **fettuccine**, 1/2 the **grated Parmesan cheese** and some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and toss to combine. Remove the pan from the heat and add a splash more **pasta water** if needed. Season to taste.



## Make the salad

In a medium bowl, combine the **balsamic vinegar**, **honey** and **olive oil** (2 tsp for 2 people / 1 tbs for 4 people). Season with **salt** and **pepper** and mix well. Add the sliced **pear** and **rocket leaves** and toss to coat.



## Serve up

Roughly chop the **parsley** leaves. Divide the creamy mushroom fettuccine between bowls and serve with the rocket and pear salad. Drizzle some of the **truffle oil** over the pasta, to taste, and sprinkle the remaining Parmesan cheese over the pasta and salad. Sprinkle with the parsley to serve.

**TIP:** Truffle has a strong flavour, if you're not a fan, serve the pasta without it.

## Enjoy!